

THE HUMAN BODY IS REMARKABLE  
AND HOLDS TREMENDOUS POTENTIAL...

Find *your* body's potential at Carpe Diem. Our approach to Pilates and personal training focuses on your overall wellness and individual progression to strength, flexibility and optimum health.



Carpe Diem



Carpe Diem

436 CHARNELTON • EUGENE OREGON 97401 • (541) 684.0577 • WWW.CARPEDIEMFIT.COM

PILATES | PERSONAL TRAINING



## FOCUSED STAFF

Each member of our staff is committed to the Carpe Diem philosophy that through awareness, encouragement and empowerment, all members can change their lives and their bodies. The depth of experience and knowledge among our staff ensures that you receive the best instruction possible.

Owners Shawn and Hayley Healey and their staff bring an appreciation for the human body and its potential. It's their aim to create programs that set people up to succeed through an emphasis on health, fitness and wellness.

All Pilates instructors complete more than 150 hours of training. Personal trainers receive their certification through the American Council on Exercise. Many of our staff hold multiple certifications and advanced degrees from institutes of higher education in fields such as Exercise and Movement Science and Human Physiology.

*Shawn & Hayley Healey, Owners*



## TRANSFORMATIONAL PILATES

At Carpe Diem, Pilates training emphasizes both the mental and physical aspects of the time-tested methods of Joseph Pilates. Our reformer-based programs increase spinal mobility, range of motion and overall flexibility.

Our Allegro classes, exclusive to Carpe Diem and developed by Hayley Healey, include no more than 10 students. This 30-week Reformer-based program progresses students systematically and gradually, while building core strength and flexibility.

Whether in an individual session or a class-based environment, Carpe Diem's focus is on the fundamentals of movement and improving your health, fitness and well being.



## DISTINCTIVE PERSONAL TRAINING

The Eight-Week Body Change program takes starting a new fitness program from intimidating to inspiring. Your trainer starts with the basics and works with you to help create a healthy lifestyle that makes sense for your life.

Our philosophy is that traditional personal training should help our members build healthier bodies with a focus on creating balance between exercise, nutrition, sleep, family and social realities. In the process, we work with you to make the physical changes that you want to see.

We consider lifestyle, time, budget and personal goals to develop an approach that will hold you accountable for success. The trainers at Carpe Diem become your partners in your personal transformation.

